

Wak'ishwi

Star Participants: Angelica Chavez & James Brown

New Name. Same Ambition.

August 2018



<u>Monday-Friday</u>		Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:10am-6:50am:	H.I.I.T							
7:10am-7:50am:	Tai Chi							
8:00am-8:40am:	Chair Fitness				1	2	Fun Friday	3
9:10am-9:50am:	Yoga						Walk	4
10:00am-10:20am:	Tabata						8am-1pm	
11:00am-11:45am:	Zumba & PoundFit	5	6	7	8	9	10	11
12:00pm-12:50pm:	Tabata/Step Up & Burn							
1:00pm-1:50pm:	Chair Fitness	12	13	14	15	16	Color This	17
2:00pm-2:50pm:	Run Club					Backpack Walk	Walk!	18
3:10pm-3:50pm:	Yoga					8am-1pm	8am-1pm	
5:10pm-5:50pm:	Total Body	19	20	21	22	23	24	25
(M.W.F) 12p	Tabata							
(T.Th) 12p	Step	26	27	28	29	30	Just Keep Movin'	31
							Walk	
							8am-1pm	
<u>White Swan Community Ctr</u>								
12-1pm:	Circuit							
<u>Wanity Dining (Mon/Wed)</u>								
10:30am-11:00am:	Chair Fitness							
<u>Foster Retirement (Tues/Thurs)</u>								
2:30-3:00pm:	Chair Fitness							

HOURS:
 Mon-Thurs: 6:00am-7:00pm
 Friday: 6:00am-6:00pm
 Saturday: 8:00am-12:00pm

ADDRESS:
 94 Wishpoosh Road
 P.O. Box 151
 Toppenish, WA 98948
 509-865-5121 X-6757

Path To A Healthy Life.